

ENERGISER

From £75.00

Laying down in a comfortable position experience a sound journey of energy renewal where you will have the space to reconnect with your inner power. Often our energy is diminished by life's mental and physical pressures and is in need of a boost.



- Auric & Chakra energy boost
- Physical & Mental respite
- Crystal & Tibetan singing bowls
- Uplifting mantra
- Tonal instruments

Using an uplifting mantra, focused intention and a range of singing bowls which stimulate the brainwaves and shake up the chakras leaving you with a renewed sense of wellness.